
























**MASTERING**  
**DIABETES**

# Weekly Meal Plan

# Your Weekly Meal Plan Overview

Below is an overview of your weekly meal plan. It includes amazing breakfast, lunch, and dinner recipes for Monday through Sunday. You'll notice that some pictures are full-color and others appear transparent. The full-color recipes should be eaten and prepared fresh. Transparent pictures are designed as leftovers. All of these recipes are designed to follow the Mastering Diabetes Method and help you get your best A1c ever!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 A vibrant red smoothie in a glass cup with a straw, next to a striped cloth.	 A plate of colorful vegetable and tofu scramble with a small bowl of sauce.	 A vibrant red smoothie in a glass cup with a straw, next to a striped cloth.	 A plate of colorful vegetable and tofu scramble with a small bowl of sauce.	 A bowl of dark chia pudding topped with fresh blueberries and shredded coconut.	 A vibrant red smoothie in a glass cup with a straw, next to a striped cloth.	 A bowl of dark chia pudding topped with fresh blueberries and shredded coconut.
Lunch	 A bowl of lentils topped with tomatoes, onions, and cilantro, garnished with a lime wedge.	 A bowl of green edamame salad with herbs and a lemon wedge.	 A bowl of lentils topped with tomatoes, onions, and cilantro, garnished with a lime wedge.	 A bowl of green edamame salad with herbs and a lemon wedge.	 A bowl of lentils topped with tomatoes, onions, and cilantro, garnished with a lime wedge.	 A plate of golden-brown potatoes and steamed vegetables.	 A bowl of fresh cauliflower rice tabbouleh with herbs and tomatoes.
Dinner	 A close-up of a deconstructed samosa with yellow filling and green chutney.	 A plate of brown rice pasta with vegetables and a red sauce.	 A close-up of a deconstructed samosa with yellow filling and green chutney.	 A plate of brown rice pasta with vegetables and a red sauce.	 A plate of golden-brown potatoes and steamed vegetables.	 A bowl of fresh cauliflower rice tabbouleh with herbs and tomatoes.	 A plate of golden-brown potatoes and steamed vegetables.

## Fruits

- 1/3 cup Avocado (1 medium)
- 3 cups Blueberries
- 3/4 cup Lemon Juice (4 Lemons)
- 1 1/16 tbsps Lemon Zest
- 3 tbsps Lime Juice

## Seeds, Nuts & Spices

- 1 1/3 tpsps Black Pepper
- 1/2 cup Chia Seeds
- 1 tsp Cumin
- 2 2/3 tbsps Curry Powder
- 1/2 tsp Garam Masala
- 2 3/4 tpsps Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/4 tsp Ground Ginger
- 2 tbsps Hemp Seeds
- 3 tbsps Nutritional Yeast
- 2 1/4 tpsps Oregano
- 1 1/4 tpsps Taco Seasoning
- 2 1/2 tpsps Vanilla Extract

## Frozen

- 3 cups Frozen Cherries
- 1 cup Frozen Edamame
- 3 cups Frozen Peaches
- 1 1/3 cups Frozen Peas

## Vegetables

- 6 cups Arugula
- 1 cup Basil Leaves
- 7 cups Broccoli (1 bunch)
- 2 cups Carrot (3 large)
- 6 cups Cauliflower (2 heads)
- 8 cups Cauliflower Rice
- 1/2 cup Celery (2 ribs)
- 3 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 4 1/2 cups Cucumber (3 large)
- 1/4 cup Fresh Dill
- 15 Garlic (2 bulbs)
- 1/2 cup Green Onion (2 stalks)
- 3/4 cup Jalapeno Pepper
- 2 cups Kale Leaves
- 4 1/3 cups Mint Leaves
- 6 1/2 cups Parsley
- 4 cups Red Bell Pepper (4 large)
- 1/2 cup Red Onion (1 medium)
- 12 cups Romaine
- 1 tbsps Shallot
- 8 cups Tomato
- 5 1/4 cups Yellow Onion (6 medium)
- 12 cups Yellow Potato (9 medium)
- 2 cups Zucchini (2 medium)

## Boxed & Canned

- 1/4 cup Barley
- 1 cup Brown Rice Penne
- 1 1/2 cups Cannellini Beans
- 4 1/3 cups Lentils
- 1/4 cup Lite Coconut Milk
- 2 tbsps Organic Raisins
- 1/4 cup Quinoa
- 1 tbsps Unsweetened Shredded Coconut
- 2 1/2 cups Vegetable Broth, Low Sodium

## Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 2 2/3 tbsps Date Syrup
- 1/3 cup Tomato Sauce

## Cold

- 8 ozs Tofu
- 4 1/2 cups Unsweetened Almond Milk

## Other

- 2 cups Coconut Water
- 1/4 cup Water



## Peach Cherry Smoothie

1 serving  
5 minutes

### Ingredients

1 1/2 cups Unsweetened Almond Milk  
1 cup Frozen Peaches  
1 cup Frozen Cherries  
1/2 cup Cannellini Beans  
1 tbsp Chia Seeds  
1/2 tsp Vanilla Extract

### Nutrition

Amount per serving	
Calories	351
Fat	9g
Carbs	60g
Fiber	15g
Protein	11g

### Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.



## Curried Tofu Scramble

2 servings  
25 minutes

### Ingredients

1/3 cup Vegetable Broth, Low Sodium  
4 cups Red Bell Pepper (chopped)  
4 cups Yellow Onion (chopped)  
8 ozs Tofu (extra firm, drained and pressed to remove water)  
1 1/3 tbsps Curry Powder  
3 tbsps Nutritional Yeast  
2 tpsps Garlic Powder  
1/4 tsp Black Pepper  
6 cups Arugula  
1/4 cup Fresh Dill  
2 tbsps Ground Flax Seed

### Nutrition

Amount per serving	
Calories	361
Fat	9g
Carbs	48g
Fiber	9g
Protein	23g

### Directions

- 1 In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 5 to 6 minutes.
- 2 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast, garlic powder and black pepper. Stir to combine the spices evenly, and cook for 4 minutes, stirring often.
- 3 Add arugula to the pan and stir until just wilted, about 1 minute.
- 4 Remove from the heat, top with ground flax seed, fresh dill, serve, and enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to three days.



## Blueberry Coconut Chia Pudding

2 servings  
35 minutes

### Ingredients

2 cups Coconut Water  
3 cups Blueberries  
1 1/3 tbsps Date Syrup  
1 tsp Vanilla Extract  
1/4 cup Chia Seeds  
1 tbsp Unsweetened Shredded Coconut

### Nutrition

Amount per serving	
Calories	348
Fat	10g
Carbs	62g
Fiber	12g
Protein	6g

### Directions

- 1 Add the coconut water, two-thirds of the blueberries, date syrup, and vanilla extract to a blender, and blend well until combined.
- 2 Pour the blueberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
- 3 Transfer to a bowl or jar(s). Top with the remaining blueberries and shredded coconut. Enjoy!

### Notes

**More Flavor:** Add cardamom.

**Leftovers:** Refrigerate in an airtight container for up to four days.



## Lentil Taco Bowl

3 servings  
35 minutes

### Ingredients

3 1/3 cups Lentils (cooked)  
1/3 cup Tomato Sauce (oil-free)  
3/4 tsp Garlic Powder  
1 1/4 tbsps Taco Seasoning  
2 cups Tomato (diced)  
3/4 cup Jalapeno Pepper (finely chopped)  
3/4 cup Yellow Onion (finely chopped)  
12 cups Romaine (chopped)  
1/3 cup Avocado (cubed)  
3 tbsps Lime Juice

### Nutrition

Amount per serving	
Calories	398
Fat	5g
Carbs	71g
Fiber	27g
Protein	26g

### Directions

- 1 Warm the cooked lentils in a sauté pan over medium heat. Add the tomato sauce, garlic powder, and taco seasoning. Stir well.
- 2 In a small bowl, combine the tomato, jalapeño, and onion.
- 3 When ready to serve, place the romaine on a large plate or in a serving bowl, then add the lentils, and top with the tomato-jalapeno-onion mixture. Garnish with avocado cubes. Drizzle fresh lime juice over top and enjoy!

### Notes

**Leftovers:** Refrigerate the lentils in an airtight container for up to four days. Assemble the salad just before serving.



## Herbed Lemon Edamame Salad

2 servings

35 minutes

### Ingredients

- 1/4 cup Quinoa
- 1/4 cup Barley
- 1 cup Frozen Edamame (thawed)
- 1 cup Lentils (cooked)
- 1/2 cup Cucumber (diced)
- 1/2 cup Celery (diced)
- 2 cups Kale Leaves (finely chopped)
- 1/2 cup Parsley (chopped)
- 1/4 cup Mint Leaves (finely chopped)
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Lemon Juice
- 1/4 tsp Lemon Zest
- 1 1/3 tbsps Date Syrup
- 1 Garlic (clove)
- 1 tbsp Shallot (minced)

### Nutrition

Amount per serving	
Calories	446
Fat	7g
Carbs	76g
Fiber	20g
Protein	25g

### Directions

- 1 Cook the quinoa and barley, separately, each according to package instructions. Taste each to make sure they're cooked to your liking. Set aside for now.
- 2 In a salad bowl, combine the thawed edamame, cooked green lentils, cucumber, celery, kale, parsley and mint leaves.
- 3 In a small blender, combine the apple cider vinegar, lemon juice, lemon zest, date syrup, garlic and shallot. Blend until smooth.
- 4 Add the cooked quinoa and barley to the salad bowl. Drizzle the dressing over the salad. Toss to combine. Serve and enjoy!

### Notes

Leftovers: Store extras in the refrigerator for up to 4 days.





## Deconstructed Samosa with Cilantro Mint Chutney

2 servings

30 minutes

### Ingredients

1 cup Vegetable Broth, Low Sodium  
 1/2 cup Yellow Onion (diced)  
 2 Garlic (cloves, minced)  
 3 cups Yellow Potato (diced small)  
 1 1/3 cups Frozen Peas  
 3 cups Cauliflower (chopped into florets)  
 2 tbsps Organic Raisins (softened in hot water)  
 1/4 cup Cilantro  
 2 tbsps Mint Leaves  
 1 tsp Cumin  
 1/4 tsp Ground Ginger  
 1 tbsp Jalapeno Pepper (minced)  
 2 tps Lemon Juice  
 1/4 cup Water  
 1/4 cup Lite Coconut Milk  
 1 1/3 tbsps Curry Powder  
 1/2 tsp Garam Masala

### Directions

- 1 In a sauté pan, heat a few Tbsp of vegetable broth. Saute the onion and garlic until the onion begins to soften. Add the potato and the remaining vegetable broth. Cover and simmer, stirring occasionally, for 15 minutes, or until the potatoes are soft (knife tender). Use a fork to mash most of the potatoes.
- 2 Add the peas, cauliflower, and raisins to the pan. Saute until the cauliflower is al dente, and the peas are cooked, about 5-8 minutes.
- 3 While the vegetables cook, in a blender combine the cilantro, mint leaves, cumin, ginger, jalapeño, lemon juice and water. Blend until smooth.
- 4 Drizzle the coconut milk over the vegetables, then stir in the curry powder.
- 5 Transfer the vegetable mixture to a plate. Sprinkle with garam masala. Top with the cilantro-mint chutney. Serve and enjoy!

### Notes

**Leftovers:** Store samosa mixture separately from the chutney in the refrigerator for up to 4 days. Reheat before serving, then drizzle with the chutney.

### Nutrition

Amount per serving	
Calories	421
Fat	4g
Carbs	87g
Fiber	19g
Protein	16g



## Brown Rice Pasta Primavera

2 servings

20 minutes

### Ingredients

- 1 cup Brown Rice Penne
- 1/2 cup Vegetable Broth, Low Sodium (or as needed)
- 1/2 cup Red Onion (quartered, sliced)
- 4 Garlic (cloves, sliced)
- 4 cups Broccoli (chopped into florets)
- 3 cups Cherry Tomatoes (halved)
- 2 cups Carrot (cut into matchsticks (julienned))
- 2 cups Zucchini (quartered, sliced)
- 1 cup Basil Leaves (sliced into ribbons if desired)
- 1/4 tsp Black Pepper (or to taste)

### Nutrition

Amount per serving	
Calories	415
Fat	4g
Carbs	86g
Fiber	16g
Protein	15g

### Directions

- 1 Cook the brown rice penne according to package instructions.
- 2 In a sauté pan, heat a few Tbsp of vegetable broth over medium-high heat. Sauté the onion until just softening. Add the garlic and cook 1 minute more. Add the broccoli and cook 2-3 minutes, or until vibrant, adding more vegetable broth, a splash at a time, as needed to prevent sticking. Add the cherry tomatoes, carrot, and zucchini, and cook until just soft.
- 3 Strain the pasta and toss with a few Tbsp of vegetable broth to prevent sticking. Transfer to a plate or pasta bowl, then top with the sautéed vegetables. Garnish with the fresh basil leaves, and season with black pepper to taste. Serve and enjoy!

### Notes

**Leftovers:** Store leftover pasta separately from leftover sautéed vegetables. Reheat together and serve.



## Greek Lemon Potatoes with Steamed Veggies

3 servings  
1 hour 10 minutes

### Ingredients

- 9 cups Yellow Potato (cut into wedges)
- 1/2 cup Vegetable Broth, Low Sodium
- 6 Garlic (cloves, minced)
- 3 tbsps Lemon Juice
- 1 tbsp Lemon Zest
- 2 1/4 tsps Oregano
- 1/3 tsp Black Pepper
- 3 cups Broccoli (cut into florets)
- 3 cups Cauliflower (cut into florets)

### Nutrition

Amount per serving	
Calories	424
Fat	1g
Carbs	94g
Fiber	15g
Protein	15g

### Directions

- 1 Preheat oven to 400°F.
- 2 Whisk together the vegetable broth, garlic, lemon juice, lemon zest, oregano and black pepper.
- 3 In a large baking dish, toss the potato wedges with the dressing. Cover with a lid or aluminum foil and bake for 30 minutes. Remove lid and bake for another 30 to 40 minutes, until the potatoes are fork-tender.
- 4 While the potatoes roast, steam the vegetables in a steaming basket over simmering water until just tender.
- 5 Serve the roasted potato wedges warm with a side of steamed vegetables, and enjoy!

### Notes

**Leftovers:** Refrigerate potatoes in a resealable container for up to three days.



## Cauliflower Rice Tabbouleh

2 servings  
15 minutes

### Ingredients

- 8 cups Cauliflower Rice
- 6 cups Parsley (finely chopped)
- 4 cups Mint Leaves (finely chopped)
- 4 cups Cucumber (diced)
- 1/2 cup Green Onion (chopped)
- 6 cups Tomato (diced)
- 2 Garlic (cloves, minced)
- 2 tbsps Hemp Seeds
- 1/2 cup Lemon Juice
- 1/2 tsp Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	391
Fat	8g
Carbs	71g
Fiber	29g
Protein	25g

### Directions

- 1 If you haven't purchased cauliflower already riced, pulse fresh cauliflower florets in a food processor until a rice-like texture is achieved.
- 2 Add the riced cauliflower to a large salad bowl along with the minced parsley, mint, cucumber, green onion, tomatoes, garlic, and hemp seeds. Add the lemon juice and toss until everything is well combined.
- 3 Season with black pepper to taste and enjoy!

### Notes

Leftovers: Store leftovers in the refrigerator for up to 4 days.

# Green Light Snacks

## Fruits



Apples



Pears



Bananas



Peaches



Grapes



Blackberries



Strawberries



Plums



Nectarines



Raspberries

Plantains, Persimmons,  
Jujubes, Figs, Kumquats,  
Cherries, Oranges, Longans,  
Blueberries, Tangerines,  
Apricots

## Chips



Pumpkins



Potatoes



Plantains



Kale



Beets



Yams

## Simple Snacks



Baked  
Chickpeas



Green  
Peas



Cauliflower



Carrots



Celery



Cherry  
Tomatoes

## Frozen Treats



Grapes



Raspberries



Lentil



Mediterranean



Black Bean



Roasted  
Red Pepper

## Hummus by Oasis — Low-Fat

**"My blood pressure has definitely lowered with using Amla green once a day."**

Elaine M. [redacted]

My blood pressure has definitely lowered with using Amla Green once a day. I also do my best to eat a plant based diet and also walk 2-3 miles a day. I have lost about 5 lbs so I believe the combos of all of this is helping with lowering my blood pressure and also my cholesterol

#testimonial

Allison [redacted]

Just now [redacted]

While I haven't been following the diet perfectly, I have been taking the Amla and it is working. When I eat a salad most nights and use the Amla in the dressing (1 scoop with some organic apple cider vinegar) my blood sugar is way down, one morning it was 78. If I don't include the Amla with my dinner, it is a little higher, 103-117. I'm a believer!

**Lower fasting blood glucose numbers thanks to using Amla!**

**Curb the glucose spike**

Hey everyone, I'm new here. Is it ok to drink this tea 2-3 times a day? I've found if I drink it right after a meal it keeps my blood glucose levels from going up too high and they drop faster.

#testimonial  
#amlagreentea

**Lower blood pressure**  
**Lower blood glucose**

Wendy [redacted]

Yes my husband and I have both seen results on 1 scoop a day. Lower BP & lower BS. We've been on it now for 5 months. Love this product.

#testimonial  
#amlagreentea

## Add the World's Most Powerful Antioxidant-Rich Tea to Your Diet Today

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- ✓ Support healthy blood pressure
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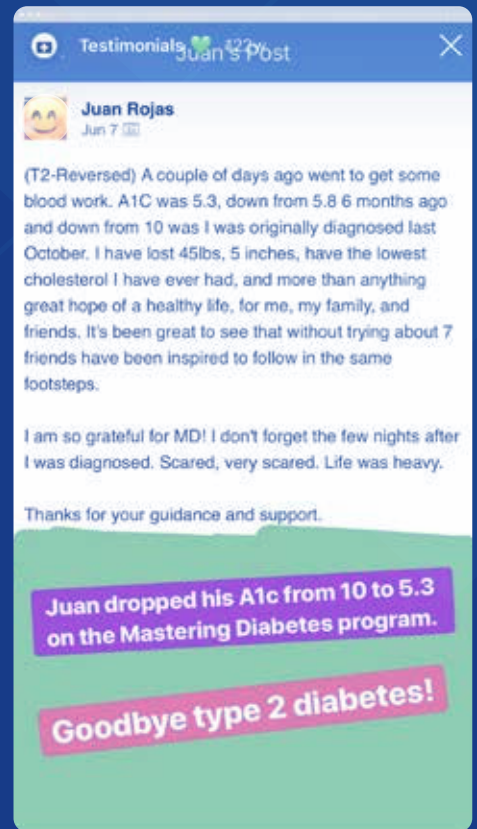
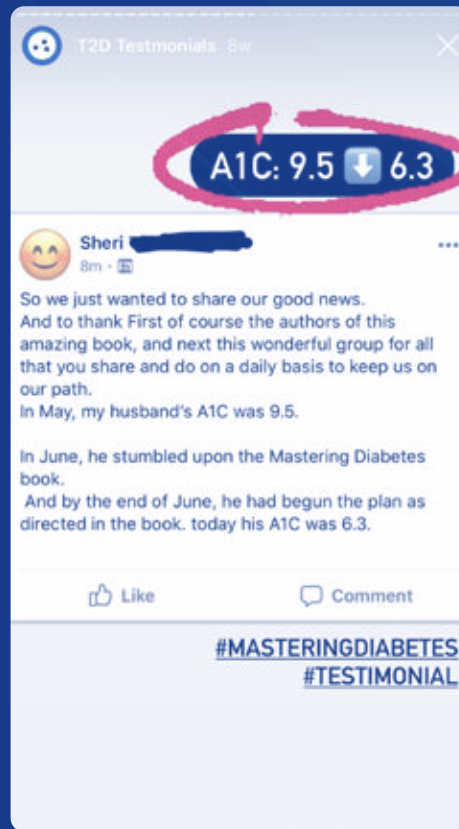
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Reviews and testimonials of specific diets and approaches to health represent individual experiences, and Mastering Diabetes does not guarantee any results for your specific situation.

In support of our mission, we may share resources offered by trusted partners.

Questions? [mealplan@masteringdiabetes.org](mailto:mealplan@masteringdiabetes.org)

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